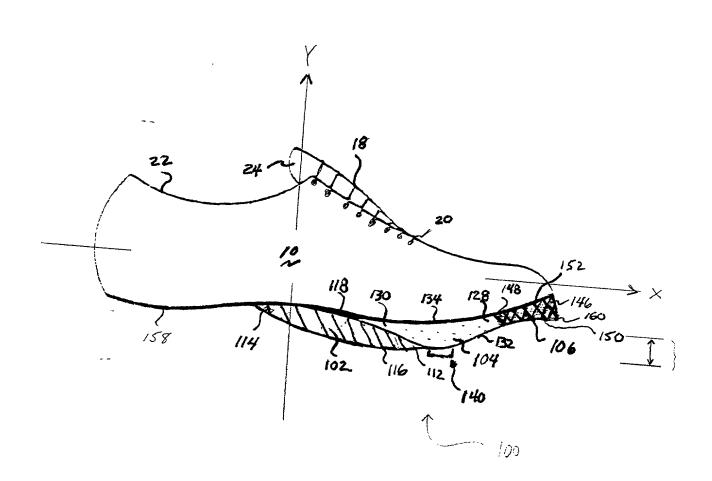


F16.3



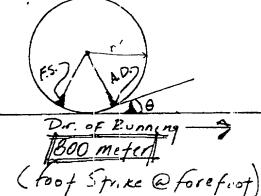
FI	G	5	A

F16. 5B



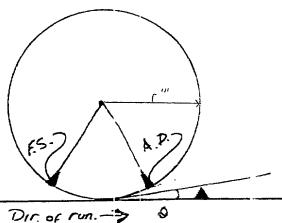
[100 Meter]

(Footstrike @ Metatarsal Joints)





1500 meters
(foot Stake @midfoot)



Funning Shoel

(Foot Strike @ Heel)

F.G. 50

FIG. 5D